

**SIXTH GRADE  
Physical Education  
PRIORITY STANDARDS**

**Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.**

PE.1.6.2	Passes and receives with hands in combination with locomotor patterns of running and change of direction & speed with competency in invasion games such as basketball, flag foot- ball, speedball or team handball.
PE.1.6.3	Dribbles with dominant hand using a change of speed and direction in a variety of practice tasks.
PE.1.6.4	Demonstrates the mature form with an underhand serve with control for net/wall games such as badminton, volleyball or pickleball in a practice task.
PE.1.6.5	Demonstrates the mature form of the forehand stroke in net games in a practice task.
PE.1.6.6	Forehand-volleys with a mature form and control using a short-handled implement.

**Standard 2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.**

PE.2.6.1	Creates open space by using locomotor movements (e.g., walking, running, jumping & landing) in combination with movement (e.g., varying pathways; change of speed, direction or pace).
PE.2.6.2	Identifies and/or executes at least 1 the following offensive tactics to create open space
PE.2.6.3	Reduces open space on defense by marking and staying close to the opponent.
PE.2.6.4	Reduces open space by not allowing the catch (denial) or by allowing the catch but not the return pass in a practice task.
PE.2.6.6	Creates open space in net/wall games by varying force and direction.
PE.2.6.8	Selects appropriate shot and/or equipment based on location of the object in relation to the target.

**Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.**

PE.3.6.3	Participates in a variety of cardiovascular/aerobic fitness activities.
PE.3.6.6	Employs correct techniques and methods of stretching.8
PE.3.6.8	Describes the role of warm-ups and cool-downs before and after physical activity.

**Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.**

PE.4.6.1	Exhibits personal responsibility by using appropriate etiquette, demonstrating respect for facilities and exhibiting safe behaviors.
PE.4.6.3	Accepts differences among classmates in physical development, maturation and varying skill levels by providing encouragement and positive feedback.
PE.4.6.4	Cooperates with a small group of classmates during all class activities under teacher guidance.

**Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.**

PE.5.6.4	Describes how moving in a physical activity setting creates enjoyment.
PE.5.6.5	Demonstrates respect for self and others by following the rules, encouraging others and playing in the spirit of the game or activity.